Sesame Encrusted Chicken Tenders

Prep: 5 mins Cook: 15 mins Total: 20 mins Yield: 4 servings Serving Size: 2 chicken tenders

Ingredients

- 8 chicken tenderloins ~18 oz
- salt and pepper, to taste
- 2 tsp sesame oil
- 2 tsp soy sauce
- 6 tbsp toasted sesame seeds
- ½ tsp salt
- ¼ cup panko
- olive oil spray

Instructions

1. Preheat oven to 425°F.
2. Spray a baking sheet with non-stick oil spray.
3. Season chicken with salt and pepper.
4. Combine the sesame oil and soy sauce in a bowl, and the sesame seeds, ½t kosher salt and panko in another.
5. Place chicken in the bowl with the oil and soy sauce, then into the sesame seed mixture to coat well.
6. Place on the baking sheet; lightly spray the top of the chicken with oil spray and bake 8 to 10 minutes, until slightly browned on the bottom.
7. Flip and cook another 4 - 5 minutes or until cooked through and the edges are crisp.
8. Serve over rice with more soy sauce, if desired.

Air Fryer: Preheat the air fryer 400F. Cook 10 to 12 minutes, flipping halfway until cooked through, crispy and golden.

Nutrition Serving: 2 chicken tenders, Calories: 197 kcal, Carbohydrates: 5.5 g, Protein: 23 g, Fat: 9 g, Saturated Fat: 1.5 g, Cholesterol: 51 mg, Sodium: 400 mg, Fiber: 1.5 g, Sugar: 0.5 g